

				Event : 800M Walk				
Women Record Holders								
800 METER WALK - INDOOR TRACK – WOMEN								
	50 – 54	Betty Williams		Manassas	5:50		2012	
	55 - 59	Maureen Ruel		Ashburn	5:20.00		2011	
	60 – 64	Keg Good		Woodbridge	5:27		2018	
	65 - 69	Hannah Phillips		Alexandria	5:01		2018	
	70 - 74	Beth Baynes		Arlington	5:59		2016,2017	
	75 – 79	Dorothy Skinner		Alexandria	5:59		2009	
	80 - 84	Mary Boska		Alexandria	6:32		2007	
	85 - 89	Janine Bland		Arlington	7:23		2019	
	90 - 94	Mary Lathram		Falls Church	7:29.00		2008	
List of Participants 2023 (DNP - Did Not Participate; DNF = Did Not Finish: " * " = new record								
Sex	Age Group	Place	Age	Firstname	LastName	City	Results	
F	50-54	Gold	52	Lynn	Gilbertson	Burke	6:12.00	
F	55-59	Gold	58	Heather	McDaniel	Arlington	8:33.37	
F	60-64	Gold	61	Vanstacia	Jackson	Alexandria	6:21.5	
F		Silver	63	Kathy	McGarril	Arlington	6:27.44	
F		Bronze	61	Diane	Doolittle	Arlington	7:54.16	
F		4	60	Karen	Jarzynka-Hernandez	Arlington	8:20.31	
F	65-69	Gold	66	Katherine	Good	Woodbridge	5:59.56	
F	70-74	Gold	70	Mary	Walls	Arlington	6:16.00	
F		Silver	71	Meena	Bhagat	Ashburn	8:20.05	
F		Bronze	70	Susan	Caputo	Springfield	8:22.88	

F	75-79	Gold	77	Beth	Baynes	Alexandria	6:14.29
F		Silver	77	Lorie	Brush	Falls Church	7:00.93
F		Bronze	77	Rosella	Wertheim	Hamilton	7:26.65
F			4 78	Karen Jo	Pyeatt	Falls Church	8:16.06
F			5 78	Nancy	Joyner	Annandale	8:18.85
F			6 77	Debbie	Ziegler	Arlington	10:07.09
F			78	Georgia	Fuller	Falls Church	
F			78	Judi	Garth	Falls Church	DNF
F	80-84	Gold	83	Mandy	Whalen	Falls Church	7:27.75
F		Silver	82	SC	Whitehouse	Potomac Falls	7:47.95
F		Bronze	80	Jean	Feighery	Fairfax	8:10.00
F			4 83	Sharon	Simpkin		8:40.00
F			5 83	Andrea	Baumann	Falls Church	8:41.68
F			83	Louise	Smith	Arlington	DNF
F			83	Barbara	Wagner	Gainesville	DNP
F	85-89	Gold	87	Annmarie	Pittman	Alexandria	7:56.63
F		Silver	85	Nancy	Gesswein	Sterling	8:57.56
F	90-94	Gold	92	Janine	Bland	Arlington	8:18.59

M	75-79	Gold	78	Dave	Danze	Arlington	6:13.68
M		Silver	75	Eiji	Yasuhara	Sterling	6:25.3
M		Bronze	76	Bob	Pearson	Fairfax Station	6:25.63
M			4 79	Charles	Kleymeyer	Arlington	7:51.18
M			77	John	Cordyack	Reston	DNP
M			75	William	Guey-Lee	Arlington	DNP
M			79	Fred	Siskind	McLean	DNP
M	80-84	Gold	82	Gary	Nooger	Falls Church	7:40.34
M		Silver	84	Gerald	Dahlin	Manassas	7:46.87
M		Bronze	84	Carlos	Rodriguez	Dumfries	8:30.78
M			80	David	Endres	McLean	DNP
M			80	Donald	Gurney	Falls Church	DNP
M			82	Alton	Lamb	Dumfries	DNP
M	85-89	Gold	85	Phil	Walsh	Potomac Falls	8:57.1
M		Silver	88	Joe	Miller	Potomac Falls	9:11.25
M			88	Jay	Edwards	McLean	DNP
M			87	Alan	Rider	Reston	DNP
M	90-94	Gold	90	Thomas	Tobias	Haymarket	6:37.68*
M		Silver	91	Sonny	Caputo	Springfield	8:50.84
M		Bronze	91	dominador	endoso	Annandale	8:57.78
M			93	Kent	Halstead	Ashburn	DNP
M	95-99		95	Leonard	Kalkwarf	Springfield	DNP